



HOW DO I ACCESS THE SERVICE?

It's simple. You can talk to your GP, health care professional or surgery staff, or ask at reception for an appointment with the Social Prescriber.

WHO IS IT FOR?

Social prescribing is available for everyone. For more information, contact:

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SOCIAL PRESCRIBING

Your doctor isn't the only person who can help you feel better. You can improve your health and wellbeing through social prescription.



WHAT IS SOCIAL PRESCRIBING?

We know that taking care of your health involves more than just medicine. Social Prescribing can provide support for more than medical issues. Your local Social Prescriber will spend time with you exploring what matters to you and help you to identify activities and/or local support which could improve your health and wellbeing. You can consider the benefits of participating in them, and we will assist and support you to plan your next steps.

WHAT SUPPORT CAN I GET?

Your social prescriber can help you with a range of issues, including:

- Social isolation
- Loneliness
- Emotional wellbeing
- Healthy lifestyle choices
- Getting out and about
- Life changing events such as birth, retirement and bereavement
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions or
- Struggling with financial issues
- Accessing work, training or volunteering



WHAT ARE THE BENEFITS?

With Social Prescribing you can:

- Improve your mental and physical health
- Meet new people
- Learn a new skill or participate in a new activity
- Increase self confidence and self esteem
- Have a better quality of life
- Get involved in your community

